

Table for January 1st (火曜日) featuring 'えいよう三色' (Healthy Three Colors) and '七草がゆ' (Seven Grasses Gyo). Includes meal descriptions, energy/nutrient breakdown, and a list of ingredients like beef, pork, and various vegetables.

Table for January 21st (木曜日) titled '世界の料理を知ろう! フランス 1月21日'. Features a French theme with a list of ingredients including beef, pork, chicken, and various vegetables, along with a 'お正月献立' (New Year's Menu) section.

Table for January 11th (成人の日) (成人の日). Features a '親成人' (Parent Adult) theme with a list of ingredients including beef, pork, chicken, and various vegetables, along with a 'お正月献立' (New Year's Menu) section.

Table for January 18th (成人の日) (成人の日). Features a '親成人' (Parent Adult) theme with a list of ingredients including beef, pork, chicken, and various vegetables, along with a 'お正月献立' (New Year's Menu) section.

Table for January 25th (成人の日) (成人の日). Features a '親成人' (Parent Adult) theme with a list of ingredients including beef, pork, chicken, and various vegetables, along with a 'お正月献立' (New Year's Menu) section.

Summary table for the month of January, providing average values for energy, protein, fat, calcium, magnesium, iron, zinc, vitamins A, B1, B2, C, and fiber intake.